Cheyenne & Arapaho
TRIBAL TRIBUNE

Volume 6, Issue 22 | www.c-a-tribes.org/tribal-news | Sept. 1, 2011

Tribal college begins fifth year helping students achieve higher education

By Rosemary Stephens, Editor-in-Chief

Photo by Rosemary Stephens

Cheyenne and Arapaho Tribal College begins the 2011-2012 Fall semester in Weatherford, Okla.

Pictured l-r: Amos Beaver, sophomore, Loni Prairie-Chief, junior, Ada Hainta, junior, Oveta Lira, junior and Marleta Fletcher, sophomore.

Students smiling, laughing, some nervous and some confident, bustle from classroom to classroom, building to building on their first day on campus.

Within the offices of the Cheyenne and Arapaho Tribal College (CATC), the students find a quiet place of solitude to quell their nerves and to get focused on their next class.

"We, here at the tribal college, are here for the students, for whatever they need. If they have questions, if they are stressing about tests or class loads, need a computer or even just a quiet place to sit and drink a bottle of water … our doors are always open to them," Oveta Lira, Cheyenne and Arapaho Tribal College, secretary and student said.

The tribal college first opened its doors with one student in the fall of 2007. Last year the college had 71 students enrolled. (Enrollment numbers for the 2011-2012 school year had not been computed as of press time.) The tribal college is currently housed in the old science building on the campus of Southwestern Oklahoma State University (SWOSU) in Weatherford, Okla. They also have a satellite office for long distance learning located in Sayre, Okla.

CATC President, Dr. Henrietta Mann, has headed up the tribal college since its inception.

"Accountability is a hallmark of tribal ways of life, and I can think of no better way for you to be accountable to our ancestors than for you to fulfill their dreams of education. You are the generation honorably wearing those educational moccasins that follow in the footsteps of generations upon generations

See ***Tribal college****, page 3*

Cheyenne and Arapaho Tribal Tribune
P.O. Box 167
Concho, OK 73022

SUBSCRIBE NOW TO THE CHEYENNE AND ARAPAHO TRIBAL TRIBUNE - $35/YEAR

"Tribal members receive free subscriptions"

PRSRT STD
US POSTAGE PAID
OKLA CITY, OK
PERMIT NO. 823

Life's Journeys

Doing what a man has to do

By Rebecka Lyman, Reporter/Ad Sales

Donald F. Garms sits in his brown recliner in the living room of his Kingfisher home as a window company works outside correcting a window previously installed.

"My mother was allotted a quarter of ground (land) back in 1883," Garms said. "I still have it … many of them I know of have been sold."

Garms said back in the 1880s, land allotments were made in exchange for Native Americans becoming US citizens.

"I take a lot of pride in still owning it," Garms said.

Garms, Arapaho and German descent, was born Sept. 24, 1926. He is approaching his 85th birthday.

He was born in Loyal, Okla. and lived there until he was in the eighth grade. His mother was Sarah Keith Garms and his father Herman A. Garms.

"There were eight of us kids and we grew up in Loyal. It was formerly called Keel, a German community and when the war broke out they changed the name of the town," Garms said. "We lived on my grandmother Keith's allotment."

Garms said his father built a new home in 1926 on the land.

"We had electricity and running water at a very early age," he said. "We were a typical family, butchered our own beef and our own hogs, went to church and lived the farm life."

Garms said his parents were very strict, no smoking and no drinking were allowed.

"We were too far from Kingfisher to be able to run there and be getting into trouble," Garms said. "In that time we didn't have all these pictures of rape and stuff. We lived a very conservative life, very respectable lives."

Donald holding his little girl in the yard of their farm in Kingfisher, Okla.

Donald Garms was drafted into the U.S. Army in 1945.

After he graduated from the eighth grade he moved to Kingfisher, Okla.

"My folks rented an apartment in order for me to go to high school and play football," Garms said. "I was a four year letterman in football at Kingfisher, I played center and linebacker."

He said he was recruited to the University of Oklahoma (OU) to play football.

"It is hard to believe now, but back then the recruiters had to ride a bus to come to Kingfisher because of war rationings," Garms said. "I got a draft notice two nights before the Wednesday night they came to sign me up to play football, so I had to tell them I couldn't go ... I had to do what I had to do."

He said he graduated on a Thursday night and Friday morning he was in Camp Chaffee in Arkansas.

"Drafted," Garms said. "We were fighting a war, fighting a war and trying to win it … World War II."

Garms said he spent 17 weeks at Camp Livingston in Louisiana for his training.

"After completing my training I was shipped overseas. I was assigned the 32nd Infantry Division of the 6th Army … they had been in 368 days of continuous combat," Garms said.

See ***Doing what man has to do****, page 5*

Writing Contest Sponsored by the Cheyenne and Arapaho Tribal Tribune

Open to Cheyenne and Arapaho students grades 5-12.

Group 1: Grades 5-8
Group 2: Grades 9-12

Categories of topics (choose one):
Family
Education
Heritage
Language
Sports

Submit stories (with title) of 500 words or less in Microsoft Word format to the *Cheyenne and Arapaho Tribal Tribune* by email to rmstephens @ c-a-tribes.org or rlyman@ c-a-tribes.org or by mail to C&A Tribal Tribune, PO Box 167, Concho, Okla. 73022-0167 no later than **Oct. 15, 2011**. Please include your name, grade, age, address and a good contact phone number.

First place winners in groups one and two will have their stories and photo published in the Nov. 1, 2011 issue of the *Tribal Tribune* and receive a $50 gift card to Wal-Mart.

Second place winners in groups one and two will have their names/title of stories published in the Nov. 1 issue and receive a $25 gift card to Wal-Mart.

NOTICE OF ADDRESS CHANGE

IMPORTANT

The Cheyenne and Arapaho Tribes have a new mailing address. Please send all correspondence to Cheyenne and Arapaho Tribes P.O. Box 167 Concho, Okla. 73022-0167

Tribes fight back against substance abuse related crimes in C&A country

By Rebecka Lyman, Reporter/Ad Sales

The Cheyenne and Arapaho Indian Alcohol Substance Abuse Project (IASAP) hosted a community meeting on Aug. 24, 2011 at the Cheyenne and Arapaho Community Hall in Seiling, Okla. Their purpose, to develop strategies to prevent alcohol and substance abuse crimes within the tribes' jurisdiction.

"This is a three year substance abuse project and to begin with we would like to work through the Tribal court in Concho taking an assessment and evaluation of substance abuse related crimes," John Blackowl, IASAP coordinator said. "In addition we would like to work with the court's district attorney to try and provide treatment for tribal members and their families who suffer from substance abuse."

The IASAP is a federally funded project grant to form partnerships with law enforcement, courts, treatment providers and community members to develop and implement successful crime reduction programs.

Strategies and ideas were discussed to help assist tribal members with addictions.

"The role of the partnerships is to create healthy communities in which people may have a high quality of life," Blackowl said.

The Seiling Chief of police, Kelly Meeks spoke to the tribal members and programs that attended the meeting.

"I have been the Chief of Police for Seiling now for a year and half," Meeks said. "Mr. Blackowl came to me about three weeks ago and shared with me about this project. I think it is a great idea and will help the community we live in."

Meeks said he is willing to do whatever he needs to do to make the project successful for the community of Seiling.

Cheyenne District 1 Legislator, Bruce Whiteman, stood up and greeted tribal members, guests and representatives from the Cheyenne and Arapaho tribal programs who attended the first meeting.

"I want to thank Mr. Blackowl for all his hard work ... this project, I believe will work." Whiteman said.

The IASAP plan to hold future community meetings. The next meeting is tentatively scheduled to be held in Canton, Okla. The date and time will be announced.

For further information regarding the project and substance abuse programs contact Blackowl at (405) 422-7659 or email at jblackowl@c-a-tribes.org.

Photos by Rebecka Lyman

Chief of Police, Kelly Meeks and Officer Tamara Stephens of Seiling, Okla. address their concerns of alcohol and drug abuse within the city.

John Blackowl, Cheyenne and Arapaho Indian Alcohol Substance Abuse Project coordinator outlines the first steps in identifying alcohol and drug abuse cases in C&A country.

Fighting the good fight

By Rosemary Stephens, Editor-in-Chief

For Cheyenne and Arapaho tribal member, Will Hamilton, Mixed Martial Arts (MMA) fighting is an art.

Hamilton and tribal member, Aaron Sleeper, continued their MMA fight schedule with a fight held on Aug. 20, 2011 at the multi-purpose building on the Crow Agency in Montana.

"It was pretty crazy, I actually spent more time stretching and warming up than I did in the ring itself … I was pretty surprised, my brother, Aaron Sleeper, he was on the card before me and I thought, he needs to stretch and get ready, then they called my opponent to the cage before me and then I heard them introduce the Oklahoma boy and I literally just had enough time to jump maybe four times as fast as I could … the announcement was actually longer than the fight," Hamilton said. "My opponent was Jacob Bishop and when we got in the cage and he rushed me, I picked him up and tapped him out … just like that it was over."

Hamilton said he went to find Bishop after the fight to shake his hand and was told they had to take him to the emergency room because of a broken collarbone.

Hamilton fought in the 170 lb. weight class while Sleeper fought in the 155 lb. weight class.

"Aaron Sleeper went out and they were tussling … it was an all out brawl. He ended up getting caught in a darc choke in the first round but fought a good fight. It was a very physical fight and some of the shots he (Sleeper) took, most guys would have folded and wouldn't get up … but he did and it really shows his heart and his determination to fight," Hamilton said.

Hamilton and Sleeper are trained by Hamilton's father, Francis and are promoted by Valco Promotions owned by Brian Vallie.

Submitted photo

From l-r: Aaron Sleeper, Kenneth Spottedelk, Francis Hamilton and Will Hamilton display the Southern Cheyenne and Arapaho flag and the Northern Cheyenne flag before entering the ring in Montana.

"Brian and I are planning an MMA fight here in Oklahoma, Tribe vs. Tribe, some time in the future," Hamilton said. "Brian is really promoting Native American fighters and is working on sponsors so we can have the recognition of other big MMA productions."

Hamilton said it took a lot of self-discipline to train and stay away from drugs and alcohol.

"You have to train really hard if you want to be good at this and that's what I do. When my friends want to party or whatever, I just have to stay focused and maintain myself to stay in the best health overall that I can be. I encourage kids to care about themselves and get into something that they can better their selves and their lives with … for me its boxing," Hamilton said.

Currently a southwestern tribe has expressed interest in promoting and sponsoring Hamilton with his endeavors to enter future tournaments.

Hamilton would like to thank the Northern Cheyenne tribe, Chester Whiteman and Carol Whiteskunk for their support and generosity.

For more information on upcoming Native American MMA fights contact Valco Promotions at (505) 917-9509.

Photo by Rosemary Stephens

Will Hamilton's family pictured l-r: Father/trainer, Francis Hamilton, mother, Lydia Hamilton, daughter, Ellianna Hamilton, wife, Kelly Beym and Will Hamilton.

Tribal college

continued from page 1

of ancestors," Mann wrote in the CATC student brochure.

CATC is a two-year institution that will award associate degrees in partnership with the SWOSU's College of Arts and Sciences. The tribal college offers an Associate of Science-General Studies with emphasis in American Indian Studies degree, an Associate in Science-American Indian Studies and an Associate of Science-Children's Teachers degree.

"I have had my experience with a non-Tribal college and from my own personal experience, being a Native American student, there was no connection with me or my peers or my instructors like there is here within the tribal college … I felt humbled … like I belonged and felt very comfortable working with my people and going to a school in a Native American environment like I grew up in," Loni Prairie-Chief, a junior, said. "The tribal college has more of a spiritual impact from my own perspective because they touch on things as history, culture, tradition as well as government, politics and other educational needs a student may need to get a degree."

Ada Hainta, Kiowa, is a junior attending CATC.

"I really didn't feel like I was getting the attention or the help I needed at a non-Tribal college … I attended Cameron University and didn't really like it. Here I feel accepted and I get so much help from the faculty … where I come from kids aren't encouraged to pursue a higher education at all and for Native Americans to have this college to attend where they feel a part of … well I believe its important to the success of each and every student, myself included. I love it here," Hainta said.

The fourth annual CATC Convocation will be held at 10 a.m., Saturday, Sept. 3, 2011 at the Colony gazebo, across the street from the Colony powwow grounds, in Colony, Okla. There will be 12 graduates this year receiving their degrees. They are Prairie-Chief with an Associate in Science-American Indian Studies degree, Hainta with an Associate in Science-Tribal Administration degree and ten students who will receive an Associate in Science-General Studies degree, Kathryn Cometsevah, Jennifer Friesen, Ashley Keel, Mindi Kyle, Walter Miller, Ray Mosqueda, Lean Norvelle, Christopher Parton, Dalea Robison and Brandy Terry.

"I would encourage communities to continue to support our tribal college now and in the future … it is a place that is making an impact on young people's lives and our staff are so dedicated and caring," Lira said. "Dr. Mann truly cares for each individual student and takes the time to greet them, to know them and what their needs are to help them succeed. Gail Wilcox and Alden Whiteman are also so dedicated … Alden is quick with a joke when the students need to lighten up a little and Gail goes above and beyond so many times for students in order to help them."

Lira said their office is opened ten to 12 hours a day sometimes and they could be reached more than that if a student needed them.

"Going to college has been the best decision of my life and I encourage everyone, old and young to step out of their comfort zone and just take a class … start with one class … get their feet wet and see how rewarding and beneficial going to college and obtaining a degree can be," Lira said.

For more information on class schedules, degree programs and other questions call (580) 774-3139.

Flow beyond profit

By Jim Stanley, contributing writer

The purpose of any business is to make money, regardless of product or service. If over time a business is not able to make enough money to cover cost of goods sold (COGS), selling, general and administrative expenses (SG&A), and profit, then it will fail to exist.

The reason is cash flow. Cash flow is the movement of dollars into and out of a business. Positive cash flow occurs when cash inflows exceed cash outflows and a business will benefit over time by being able to pay down debts, build up cash reserves and distribute money to owners and key employees. Negative cash flow is when cash outflows exceed cash inflows. Businesses can experience a slow death with symptoms like operating lines of credit that grow larger each year and checking accounts with insufficient funds to cover payroll.

An unfortunate experience many business owners have lived is suddenly being cut off from credit facilities by lenders after submitting financials. Business owners then scramble for funds to pay employees and vendors. In good times negative cash flow can continue as long as credit is granted from lenders but today, with the economic slowdown, lenders choose to adhere to credit policy and not grant exceptions.

In my experience, the most successful business operators try hard to understand cash flow because it helps them make better decisions. They are able to decide which jobs to bid by determining a project's rate of return or balance services offered to the market to attract the most customers at the highest gross margin. Cash flow is everything for a startup. Savings, money from friends and family or a home equity usually initiates the business's birth. Survival is then determined by cash flow.

Charging enough to sustain the business is extremely important. If your startup business offers a product, make certain the price charged to customers covers the cost to produce the product plus a gross margin great enough to pay for overhead to fulfill the order. Gross margin is the difference between cost of the product (COGS) and revenue received from sale of the product. Many times a business sets their price near a competitor's price point and determines a cost plus margin calculation. Albeit an appropriate measure, it does not address two critical components that should be continuously monitored, overhead and replenishment costs.

Overhead can be fixed and variable costs, which include but are not limited to rent, employee wages, owner salaries, phones, computers, licensing and taxes. If not monitored and managed these costs will eat up profits and empty a business checking account. A strong manager will break down these components into a value that can be measured within sales price of a single product. This exercise tests if the price charged is greater than the cost of operating the business. Good if it is. Bad if it is not because as time goes on the business will increasingly be in a cash deficit.

Prolonged cash deficits result in business death. With a product, replenishments cost is simply the amount of money required to get new products to sell. Existing businesses usually work with a bank line of credit to replenish inventory. Startups need to operate smarter by charging enough to pay for overhead and new product or an alternative source of capital to buy product (i.e. terms with a vendor, cash, personal cash or home equity line of credit). Here is a tip if you are starting a business, correctly measure and determine pricing at the beginning. Often it is easier to start with the correct price point rather than begin too low and have to change pricing after customers are conditioned to expect a lower price.

Jim Stanley is a tribal member of the Quinault Nation, Vice President of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He is a Senior Vice President of Enterprise Cascadia, a loan fund, and freely shares his knowledge. Jim can be reached at: sovereigndevelopment@hotmail.com.

My Bawbee

Submitted by Cliff Stone

I could tell from the smell of coffee and Dollar Store sugar cookies that it was 5:45 in the morning. Grandpa must be getting ready for our trip to the fair. Before bed last night he seemed giddy and child-like, certainly excited about something, that was for sure. I could only begin to imagine what had put him in such a good mood. Lately, grandpa has had his moods, his good days and his bad.

"Good morning Bawbee (Kiowa word for friend)," I said to him at the dining room table, which was also the battlegrounds for many a domino tournament over the years. "There's my pretty man," he shouted in return.

Pretty man is what he called me when he was feeling spry and chipper. The name he dubbed me, didn't bother me at all considering some of the "handles" that he had given to some of my cousins and baby brother, Mud, Blacktail, WaWa, LaLa, Dumps, Snuffbucket, DoDaDay, JayWah (One-eye), and Butterball were only a few of the names given. So, I considered myself lucky to receive such a nickname.

I snatched a cookie away from his freshly polished dentures with a "We Cha" and ran out the screen door to warm up the car. His car, an old Ford Falcon, was in remarkable shape despite the ditch surfing he had grown accustomed to over the last couple of years. I guess he couldn't hear or feel the road anymore and felt at ease with the fresh red earth under his squalling tires. I was never worried about his driving, although many of the townspeople knew to look out when Bawbee was coming. The car was built like a "freakin' tank."

"Hoyee!" I yelled through the screen door. "Hurry up!" Bawbee was putting the finishing touches on his face paint I'm sure. Whenever we did go to town (which was not often), he usually dolled up in his finest "Peyote" shirt, neckerchief, cowboy hat, cherrywood cane, and two splashes of "war" paint on his cheeks. Ninety-six years old and still looking for a snag! "You're looking too pretty old man. Let's go."

The Indian Fair was beginning and that usually had everyone in our part of the country excited. Although, I sensed Bawbee had an extra incentive for the day that I couldn't figure out. Oh well, I was just happy to be going into town. It was the end of summer and school would be starting soon. I couldn't wait to see my friends and share my summer break stories with everyone. I also wanted people to see how much I had grown over break. I overheard my dad telling the football coach that I must've

*See **My Bawbee**, page 7*

Est. 1909
ROCK OF AGES
Arnold / El Reno Monument Company
(405) 262-0136
www.arnoldmonument.com
320 E. Elm
El Reno, OK 73036

Authentic Native American Art
Pottery Fetishes Jewelry
A Gallery of Nations
Eleanor Lefthand
www.agalleryofnations.com
"Art by Sammy Lee"

Central Hair & Nail Salon
Haircuts Perms Color Wax
3518 N. MacArthur Blvd.
Oklahoma City
Tues-Fri 10:30-6:30
Sat. 10-6
Georgia Moore McGee
Cell 405.882.0711
Salon 405.943.1819
Clip this Ad & Receive FREE Haircut with any Highlight or Color

NATIVE AMERICA GALLERY
One Block South of Route 66
Located in Downtown Bethany for over 60 years
3823 North College Avenue
Bethany, OK 73008
Limited time 1/3 Off All Merchandise
American Indian Jewelry – Original Art – Prints
Dream Catchers – Pottery – Artifacts – and More
This coupon is good for all C & A Employees & Tribal Members
Open 11 AM - 5 PM Tuesday thru Saturday
Phone: (405) 789-4300 ▲ Email: nativeamericagallery@cox.net ▲ nativeamericagallery.net

BACK TO SCHOOL TIME!
Save Money! Top Quality-Latest Styles-Bargain Prices
MEN'S BIG & TALL UP TO 10XL
WILLIAMS & DICKIE
Dickies
Student Clothing
Shirts**Pants**Polos
BIG SELECTION!!!
Thank You for your business since 1945
CANVASES AVAILABLE FOR SWEAT LODGES
Come See Us First! - Military Camo Clothes, Casual & Work Wear-King Size Rain Wear
SCRUBS - MORE ON THE WAY!!!
PARACORD-ALL COLORS/ 6-7 cents per foot - MAKE FRIENDSHIP BRACELETS!!!!
Sam's Best Buy
Mon. thru Sat. 9 am-5:45 pm
(405) 636-1486
2409 S. Agnew Ave. OKC

ELDORADO Motors
MEMBER OF THE BOB MOORE AUTO GROUP
Want to BUY a used CAR, TRUCK or SUV
Come see Our LARGE SELECTION
FAST FRIENDLY SERVICE
You BUY HERE You PAY HERE
NO Payment Devices
NO CREDIT BAD CREDIT NO PROBLEM
405-775-4609
Larry Mayfield
3520 N May Oklahoma City

Rosemary Stephens, Editor-in-Chief
(405) 422-7446 rmstephens@c-a-tribes.org

Cheyenne and Arapaho Tribal Tribune
P. O. Box 167, Concho, OK 73022 Fax: (405) 262-6051

Rebecka Lyman, Advertising Sales/Reporter
(405) 422-7608 rlyman@c-a-tribes.org

Oklahoma Press Association member NAJA Native American Journalist Association member

DISCLAIMER: Letters to the editor, opinions and commentaries do not reflect the views of the Tribune unless specified. Correspondence must be signed, and include a return address and telephone number for verification, otherwise it will not be published. The Tribune reserves the right to edit letters, for clarity and length. Submission of a letter does not guarantee its publication. Photographs, news stories or other materials in this publication may not be reprinted without written permission.

Annual subscription rate - $35; Enrolled C & A tribal members - FREE.

FIRST & SECOND PLACE WINNERS OF THE 2011 NATIVE AMERICAN JOURNALISTS ASSOCIATION MEDIA AWARDS

Photo by Rebecka Lyman

Clinton playground project building steam

Submitted article

The Cheyenne and Arapaho Housing Authority has begun a "very meaningful project that will empower the parents and children of Clinton and surrounding towns."

The playground project began in September 2010 with the idea to help our children by providing them a place to get outdoors and play on equipment that the parents and children will plan and build.

The Clinton Playground project committee was organized for the charitable and educational purposes of raising funds to provide fun, safe, accessible and physically challenging play areas for the community of Clinton, Okla. and surrounding areas.

The playground committee was established March 9, 2011 followed by a series of fundraising events to raise funds that will go towards the equipment.

The playground project committee and the Housing Authority have had several meetings for local residents to express their ideas for the project. The playground site has yet to be determined but will be located near the new Clinton Community facility.

The committee and the members who attend the meetings are on a volunteer basis.

Photo by Alisa Mackety

On Friday, Aug. 26, 2011 Canton-Lucky Star Casino donated funds to the Canton Volunteer Fire Dept.

The funds will be used to purchase fire equipment and upgrades to current equipment.

Pictured l-r: Canton Lucky Star Casino General Manager, Gloria Smith, C-1 Legislator Bruce Whiteman, A-3 Legislator Patrick Spottedwolf, Canton Volunteer Fire Dept. representative, Troy Everett, C&A Gov. Janice Boswell, Canton Volunteer Fire Dept. represenative J.D. Foster and Canton Lucky Star Casino assistant General Manager, Janet Wood.

THE 67TH ANNUAL COLONY LABOR DAY POWWOW
CHEYENNE PRINCESS
SYDNEY JESSEPE
ARAPAHO PRINCESS
GLORIETTA POPESAIKE
SEPT. 3-5, 2011 - COLONY POWWOW GROUNDS
HONOR FLAGS:
SATURDAY - SEPT. 3
HOMER SEGER U.S. ARMY
SUNDAY - SEPT. 4
DAVID FANMAN SR. U.S. ARMY
MONDAY - SEPT. 5
TROY LITTLE RAVEN SR. U.S. NAVY
MCS-ALAN FLETCHER, GERALD PANANA
HS-JAMES ALLEN RED BIRD, ARAPAHO
ROGER DAVIS, CHEYENNE
HMWD-ROY "CRAZY HORSE" BISON, CHEYENNE-SIOUX
HGD-DALE AKEEN, CHEYENNE & ARAPAHO
HLD-TONI HAWK, CHEYENNE
IRENE DEER, ARAPAHO
AD-JAMES SHAWNEE
HAND GAME COORDINATOR
MARY BEAVER (405) 664-5354
VENDORS $75/DAILY OR $200. FOR THREE DAYS
(OR RAFFLE ITEM EQUAL TO COST)
FOR INFORMATION CONTACT BETTY AT (405) 201-3991
CHEYENNE & ARAPAHO TRIBAL COLLEGE COMMENCEMENT 10 A.M. - SATURDAY, SEPT. 3, 2011

R.E.Sp.E.C.T. FUN DAY ACTIVITIES
COLONY POWWOW - STARTING AT 9 A.M.
SUNDAY - SEPT. 4, 2011

Fun Run/Walk
Registration @ 8:30 a.m. - Begins at 9 a.m.

Horseshoe Tournament-Doubles Only - Single Elimination
Register at 10 a.m. - Begins at 10:30 a.m.

3-On-3 Youth Basketball Tournament
Register at 10 a.m. - Starts at 10:30 a.m.

Coed Volleyball
Register at 11:45 a.m. - Begins at 12:30 p.m.

Inflatables

Turtle Races
Register at 2 p.m. - Starts at 2:30 p.m.

3-On-3 Adult Basketball Tournament
Register at 3 p.m. - Starts at 3:30 p.m.

Frybread Contest
Register at 4 p.m. - Starts at 4:45 p.m.

For more information call the Clinton R.E.Sp.E.C.T. Program at (580) 331-2601 or 2602

Claims Filing Assistance

in the $760 million Keepseagle Indian Farmer/Rancher Settlement

DATE: September 7-8, 2011
TIME: Between 9:00 a.m.-5:00 p.m.
LOCATION: Quality Inn
400 NE Richardson Loop
Ada, OK

DATE: September 7-8, 2011
TIME: Between 9:00 a.m.-5:00 p.m.
LOCATION: La Quinta Inn & Suites
3031 Military Boulevard
Muskogee, OK

What is this About?

The class action settles claims that the USDA discriminated against Native American farmers and ranchers seeking farm loans or loan servicing.

Who is Included?

The Settlement includes:

- Native American farmers who:
  - Farmed or ranched (or attempted to) any time from 1981 to late 1999.
  - Tried to get a farm loan or loan servicing from the USDA.
  - Complained about discrimination to the USDA either directly or through a representative.
- Heirs of the above.

How Much Money Can I Get?

You may be eligible for a payment of up to $50,000 or more and full or partial loan forgiveness.

To receive a payment,
you must file a claim by December 27, 2011

To get help in filing a claim,
attend a meeting or call: 1-888-233-5506
or visit: www.IndianFarmClass.com

Paid Advertising

Doing what a man has to do

continued from page 1

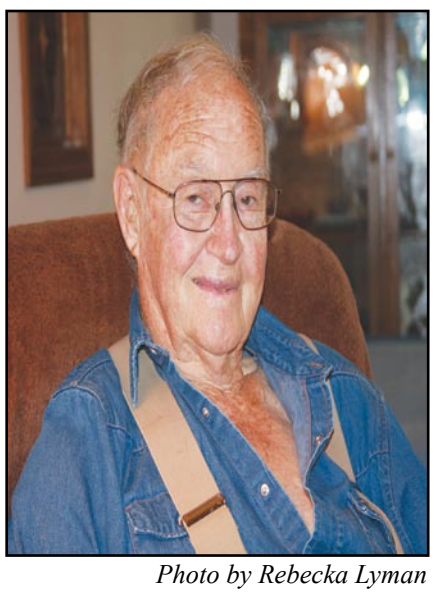


Photo by Rebecka Lyman

Donald Garms

He said the war department decided they were going to send home the 6th Army.

"So every division that was attached to the 6th Army was to be shipped home," Garms said. "Guys like me, who didn't have enough time in the service, were to be transferred to other divisions."

Garms said he enjoyed the Army and doing what he had to do made him proud. He was selected to be in the Honor Guard under the direction of Four Star General, Walter Krueger.

He said that once the mission was complete, the General made an offer to those who wanted to go with him to view Hiroshima.

"You see I was on a troop boat when the second atomic bomb landed in Nagasaki, Japan, so I volunteered to go with him and I was the only person to go … we had our own jeep and were treated kindly," Garms said. "When we arrived in Nagasaki, we were put on a troop train and as we left the residential area of a town we noticed a white cross standing in the back of the residence that had been completely burnt, but the cross was bright white and not any sign of it being tarnished."

He said after completing his tour the military offered to send him home but he had other ideas.

"I volunteered to be a paratrooper," Garms said with a smile on his face. "The Army sent me to jump school in Sandai, Japan so that I could serve in the 1st Calvary Division, of the 11th Airborne Division … they needed men."

Garms said after completing school he was assigned to the AMP Platoon at Headquarters of the 11th airborne station in Saporra on the island of Hokidio.

"One time I was standing in line at a new P.X. when I noticed a life long friend," Garms said. "Cliff Staude, we had attended the same church in Loyal, Okla."

He said neither one of them remembered what they were about to buy.

"We were so happy to see each other we broke line to visit with one another," Garms

said.

Garms continued sharing his military memories.

"Sometime after meeting Staude we were ordered to make an exhibition jump for General Joe Swing, 11th Airborne," Garms said. "That was my last jump before being discharged from the service … I landed on concrete and hurt my hips … look (as he pointed to his chair) this chair is electric and helps me rise to my feet."

Once Garms was back in the states he said he went back home to his parent's farm and

made a decision to go down to Oklahoma State University (OSU) and enroll into college.

"Once I was there I looked in front of me and there was about 75 people standing in line," Garms said. "I had stood in line all my life in the military, to get food, to get paid, to get a shower, so I took myself out of the line and didn't go."

Garms said when he was in high school he participated in the Future Farmers of America (FFA).

"When I got home I was invited to an FFA banquet, and that is when I met Marjorie. She was the FFA queen," Garms said. "After having a few dances with her, I got acquainted with her and it was encouraging for me to date her."

Garms said they were married a year later at the Methodist church in Kingfisher, Okla.

Don and Marjorie Garms have three children, Donald Jr., Marilyn Watson and Roger Charles.

"We rented a house about seven miles west of town, no running water, no bathroom facilities and we raised three kids, hanging diapers on the line, raising chickens and fryers … we lived on chicken," Garms laughingly said.

Garms remembered that in 1954 Oklahoma had a drought.

"I think it was worse or just as bad as it is now," Garms said. "As I recall I had a $1,000 grocery bill, $1,000 fuel bill and an $800 medicine bill."

Garms said he received an offer to go into the oil field and work as a rough neck.

"For the next 18 years I went to work in the oil fields and a fireman during the daytime, somehow or another we got all our bills paid," Garms said. "The wife, she learned how to run the tractor, just like I could, when I wasn't out on the oil rig, I would rest and take care of the kids."

Marjorie, Garm's wife said he was always helpful when he came home.

"Some nights when he came home I seen where he had walked through mud … his clothes were not salvageable after he worked all night," Marjorie said.

Marjorie spoke of a memory about their daughter and Garms. She recalled when he came home from work one night that Marilyn, their daughter, stood with her hands on her hips and asked her father what he had brought home. Garms answered his daughter and said "Beer and cigarettes."

Their daughter, Marilyn, said to her daddy, "If you had brought ice cream we all could have had some."

"That night is when I quit drinking beer and smoking cigarettes," Garms said.

He was quiet for a long moment.

"We have had many, many blessings, through good health and support of the community," Garms said.

Today the Garms are proud parents, with nine grandchildren, three great-grandchildren and one on the way.

"Gives me a lot of pride to see my children accomplish good things for themselves," Garms said.

Garms and his wife continue to live in Kingfisher, Okla. and enjoy their lives together after 63 years of marriage.

FOR LIFE'S
SIGNIFICANT
MOMENTS
Whether it's personal accounts or commercial banking, First National Bank & Trust Co. blends expertise, exceptional customer service, and quality financial products together to provide our customers with comprehensive banking solutions for every age and stage of life. And, our mortgage department offers HUD 184 home loans for your convenience. From brand new families to business professionals to those who are planning their golden years of retirement, FNB has the banking services for you during those important moments in life.
As a Native American owned bank, First National Bank is proud to serve the Native American Nations across America.
FNB First National Bank & Trust Co.
QUANAH PARKER TRAILWAY
6702 N.W. Quanah Parker Trailway
(580) 536-8800
SHERIDAN ROAD
702 N.W. Sheridan Rd.
(580) 536-8801
www.fnbokla.com
Member FDIC
YourBankforLife

EATING well for DIABETES

By Lyndsay Seawright, MA, RD/LD
C&A Diabetes Wellness Program

Back to School Meals

It may be hard to believe but another school year is upon us.

As we bid farewell to summer and wave hello to fall it seems as though our schedules become more and more full of school programs, work meetings and extracurricular activities for the kids. This, in turn, often results in an increase in the calories we consume but the good news is, it doesn't have to.

With everyone waking up preparing for the day and trying to get out the door on time, breakfast can become a difficult thing to squeeze in on school days. However, with a few shortcuts it is very attainable.

First of all, think ahead. Cut up fresh fruit the night before and place it in baggies in the refrigerator. When it's time to leave the next morning you and the kids can grab a baggy of healthy breakfast on your way out the door.

Secondly, have a plan.If you know you would like to prepare a more time-consuming breakfast one morning, set your alarm a few minutes earlier the night before.

Finally, make it easy on yourself. Find simple but healthy breakfasts that are also quick. For example, try spreading some peanut butter on a whole wheat tortilla, slicing a banana on top and rolling it up for a yummy morning treat.

Bringing lunch from home is a great idea for kids and parents alike. Not only is it a less expensive option than cafeteria or restaurant meals, but it is often healthier. Make packing lunches exciting by thinking beyond sandwiches, for instance, add leftover chicken or turkey to fresh spinach, bleu cheese and sliced almonds for a delicious and healthful salad.

Whole-wheat tortilla chips with salsa are a quick and easy lunch which can be balanced with fresh fruit for dessert.

As it gets cooler outside take some time on the weekends to prepare large batches of soup, divide into containers and store in your freezer for an easy grab-and-go lunch option.

Weeknight suppers are best tackled with some simple planning. Consider making a weekly menu for each dinner at the beginning of the week. This will allow you to gather ingredients ahead of time and decrease the stress that comes with trying to decide what to cook.

Also, by planning ahead you will be able to see which weeknights are busiest for your family. For example, if your children have sports practice or piano lessons on Wednesday evenings you should plan those suppers accordingly.

Finally, think of ingredients you can use for several meals. If you have roasted chicken for your main dish one evening, you could use the leftover chicken in a casserole on a different night.

While the busy schedules that result from the beginning of a new school year can make us rush to the drive-thru or head to the pizza place, homemade, healthy meals are always a better option. With a little effort and planning, your busy weeks can be filled with delicious, healthful and homemade meals that your whole family is sure to appreciate.

For any questions or concerns regarding nutrition, weight management or diabetes please contact the Cheyenne and Arapaho Diabetes Wellness Program at (405) 422-7688.

Attention all Cheyenne and Arapaho men September is Prostate Cancer Awareness month

Other than skin cancer, prostate cancer is the most common cancer in American men. About one man in six will be diagnosed with prostate cancer during his lifetime. More than 2 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today. Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer. About one man in 36 will die of prostate cancer. The latest statistics from the American Cancer Society estimates for prostate cancer in the United States for 2011 approximately 240,890 new cases of prostate cancer will be diagnosed in 2011 and approximately 33,720 men will die of prostate cancer.

About one in four Oklahoma men age 50 and older have never had a PSA test and approximately 2,000 Oklahoma men are diagnosed with prostate cancer each year.

In the early stages there are no signs or symptoms. Eventually, nagging pain in the back, hips, or pelvis, weak or interrupted flow of urine or urinating often (especially at night), difficulty urinating or holding back urine or inability to urinate at all will occur. Also common symptoms include pain or burning when urinating and blood in the urine or semen. After age 50 your chances increase for prostrate cancer, with age 65 being the median age of diagnosis in the U.S. African American men have a much higher incidence and mortality rate, family history plays a factor such as having a father or brother with prostate cancer increases your risk two to five times. A diet high in fat may increase your risk as well as having a vasectomy, high levels of testosterone, which naturally stimulates the growth of the prostate gland .

Prostate Specific Antigen Testing (PSA) should start at age 50. A blood test that is done to check for increased levels of PSA in the blood. Digital Rectal Examination (DRE) should also start at age 50. Gloved fingers inserted into the rectum in order to feel prostate are done to identify hard nodules that may be present. It is also done to check and see if the prostate is enlarged. Trans-rectal Ultrasonography (TRUS)-instrument is inserted rectally to view prostate if PSA is elevated, DRE is abnormal or suspicious symptoms arise. Early detection of prostate cancer may be the best prevention. Eat at least five fruits and/or vegetables every day. Research has shown that a healthy sex life helps in the reduction of prostate cancer. Screening is controversial and research has not shown that it can reduce your risk of getting prostate cancer, it can help to detect it at an early stage when treatment options are available. This Community Education Information provided to the Cheyenne and Arapaho Social Services Department by Cherokee Nation Cancer, Public Health Educator/Outreach Coordinator, Greg Bilby, in Tahlequah, Okla.

INFORMATIONAL HEALTH FAIR
THURSDAY - SEPT. 22, 2011
CONCHO COMMUNITY CENTER
9 A.M. - 2 P.M.
Healthy Snacks & Finger Foods Provided
Health Screenings
FLU SHOTS AVAILABLE
Car Booster Seat Checks
Native Nike N7 Shoe Program
Foot Exams for Diabetics
Eyeglass Program
DOOR PRIZES
INFORMATION BOOTHS:
Tribal EPA
Tribal Transit Program
Culture & Heritage Program
Adult Education and
Many More!
On-Site Mobile Dental Van
One Mile Fun Walk
Sponsored by the C&A Dept. of Health
For more information call the Diabetes Wellness Program at (405) 422-7679 or 7685

Tomatoe Pie
Cooking with USDA Foods

Recipes furnished by the
Cheyenne & Arapaho Food Distribution Program

1 (9-inch) deep dish pie crust
½ tsp garlic powder
4 large tomatoes, peeled and sliced
1 tsp dried oregano
½ cup chopped fresh basil
½ tsp crushed red pepper
3 green onions, thinly sliced
2 cups shredded cheese
½ lb bacon—cooked, drained, chopped
¼ cup mayonnaise
Directions-Preheat oven to 375 farenheit.

In alternating layers, fill pastry shell with tomatoes, basil, onions, bacon, garlic powder, oregano, and red pepper. In a small bowl, mix cheese with mayonnaise. Spread mixture over top of pie. Cover loosely with foil. Bake in preheated oven for 30 minutes. Remove foil from top of pie and bake an additional 30 minutes. Serve warm or cold.oregano, and red pepper. In a small bowl, mix cheese with mayonnaise. Spread mixture over top of pie. Cover loosely with foil. Bake in preheated oven for 30 minutes. Remove foil from top of pie and bake an additional 30 minutes. Serve warm or cold.

Powwows & Events CALENDAR

The Choctaw Nation annual Labor Day Festival and powwow

Sept. 1-5, 2011 at the Choctaw Capitol Grounds in Tuskahoma, Okla. For more information call (580) 924-8280 or visit www.choctawnation.org.

The Colony Labor Day powwow

Sept. 3-5, 2011 at the Colony powwow grounds in Colony Okla. For more information contact Carol Whiteskunk at (405) 422-7571 or (580) 330-1850.

The 18th annual Comanche Nation Fair

Sept. 2-4, 2011 at the Comanche Nation Complex grounds in Lawton, Okla. For more information contact Cathy Flynn at catherinef@cne.com or visit comanchenation.com.

The fourth annual Cheyenne and Arapaho Tribal College Convocation

Starting at 10 a.m. Saturday, Sept. 3, 2011 at the Colony Gazebo across the street from the Colony powwow grounds in Colony, Okla. For more information contact Gail Wilcox at (580) 774-3139.

Jake Reynolds 18th Birthday Dance

Sept. 17, 2011 at the Clinton Frisco Center in Clinton, Okla. Gourd dancing at 3 p.m. Supper at 5 p.m. Honoree is a Clinton High School senior and the son of Gar and Angie Lime. For more information call (580) 340-1506.

Stone Temple Pilot Concert

Sept. 17, 2011 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m. Show begins at 8 p.m. To order tickets visit www.ticketstorm or by phone at (866) 966-1777.

Diana Ross Concert

Sept. 22, 2011 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m. Show begins at 8 p.m. To order tickets visit www.ticketstorm or by phone at (866) 966-1777.

Cheyenne and Arapaho Informational Health Fair

9 a.m. - 2 p.m. on Thursday, Sept. 22, 2011 at the Community Center in Concho, Okla. For more information call the Diabetes Wellness Program at (405) 422-7679.

The Red Road To Freedom AA Conference

Sept. 30-Oct. 2, 2011 at the Bricktown Hotel and Convention Center in Oklahoma City. Registration is $20. Speakers, marathon meetings, Medicine Wheel, hospitality rooms, bingo and more. For more information or to register call Margaret C. at (405) 680-4806 or Loretta J. at (405) 605-6579.

The Big Foot Fall Festival and Conference

Sept. 30-Oct. 1, 2011. Christ Forty Acres located at Hwy. 44 and Indian Highway in Honobia, Okla. Honobia is located in the Kiamichi Mountains. Live music, hand crafted arts, games, 5K run, art show. For more information call the Talihina Chamber of Commerce (918) 567-3434 or visit www.bigfootmountain.com.

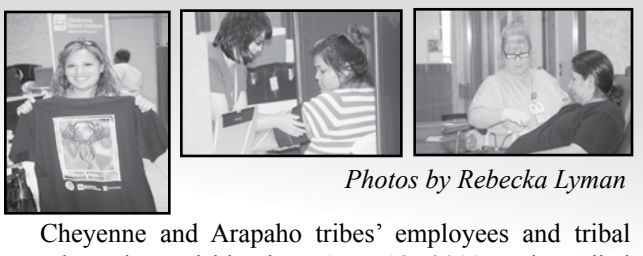
Snoop Dog in Concert

Oct. 26, 2011 at the Lucky Star Event Center in Concho, Okla. Doors open at 7 p.m. Show begins at 8 p.m. To order tickets visit www.ticketstorm or by phone at (866) 966-1777.

The second annual Following the Trail-Native American Men and Boys Conference

Oct. 29, 2011 at the Cornerstone Indian Baptist Church, 17020 E. Tecumseh Rd., Norman, Okla. For more information contact Bryce Scott at (405) 912-0044, Darryle Rattler at (405) 650-0707 or visit www.followingthetrail.net.

C&A tribes host blood drive



Photos by Rebecka Lyman

Cheyenne and Arapaho tribes' employees and tribal members donated blood on Aug. 18, 2011 at the Tribal Complex in Concho, Okla.

Donor's who participated received two free tickets to visit the Oklahoma City Zoo, a t-shirt, and health screenings provided by the CHR program and the Oklahoma Blood Institute.

BRIEFS

National Tribal Gaming Commissioners/Regulators Conference

Sept. 13-15, 2011 at the Chukchansi Gold Resort and Casino in Coarsegold, Calif. For more information or to register visit www.NTGCR.com or call Dawn Reiter at (920) 737-2814.

Native American and Veteran Business Conference and Tradeshow

Sept. 13-15, 2011 at the Tulalip Resort Hotel and Convention Center in Tulalip, Wash. For more information and to register visit www.nativeptac.org.

Archives Management Policies and Procedures for Tribal Organizations

Sept. 15-16, 2011 in Las Vegas, Nev. Topics include preserving historical records. For more information or to register visit www.falmouthinstitute.com.

The second annual Five Tribes Story Conference

Sept. 16-17, 2011 at the Five Civilized Tribes Museum in Muskogee, Okla. Meet Indian Country's artists, authors, professors and more. For more information visit www.fivetribes.org.

Casino Operations Compliance-Follow the Money

Sept. 20-21, 2011 at the Hard Rock Hotel and Casino in Albuquerque, N.M. Sponsored by Egghart and Associates. For more information visit www.egghart.com or call (775) 827-5999.

The 19th annual National Native American Law Enforcement Training Conference

Sept. 20-22, 2011 at the Tropicana Hotel and Resort in Las Vegas, Nev. For more information or to register visit www.nnalea.org.

Professional Excellence II for Tribal Secretaries and Administrative Assistants

Sept. 21-23, 2011 in Las Vegas, Nev. To register visit www.falmouthinstitute.com.

The 13th annual American Indian Tourism Conference

Sept. 22-14, 2011 at the Radisson Ft. McDowell Resort in Scottsdale, Ariz. To register visit www.aianta,org/aitc2011.

The Southwestern Institute for the Education of Native Americans fifth annual Native American Leadership Today Conference

Sept. 22-23, 2011 at the Desert Willow Conference Center in Phoenix, Ariz. To register visit www.sienaaz.org.

The 2011 American Gaming Association's Global Gaming G2E Expo

Oct. 4-6, 2011 at the Sands Expo and Convention Center in Las Vegas, Nev. For more information or to register visit www.globalgamingexpo.com or call (203) 840-5626.

Native American Women's Leadership Training

Oct. 13-14, 2011 at the Tropicana Casino and Hotel in Las Vegas, Nev. For more information visit www.nativeamericanconsulting.com.

HAPPY BIRTHDAY

Happy 8th Birthday
to my big sister
Alysah Rose Carpenter.
Love Keeley.

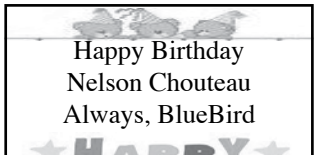
Happy 9th Birthday
To my beautiful baby girl.
Brandy Lynn Fasthorse
Sept. 26, 2002
My Daughter
You'll never really know,
my dear, Just how much
you mean to me. A mother's
love, buried so deep,
that only my heart can see.
When I sit and really stare at
you, all I can do is grin.
Somewhere down deep
inside, I see myself within.
I'd never change a thing in
you, I thank God that you're
so fine, even when your at
your worst, I'm so proud
that you are mine.
The roads we have traveled,
were not always that good,
I would take back all the
pain you've felt, only if I
could. I know that I'm not
perfect, tt's the best that I
can do, but everyday
I thank the Lord,
For a daughter as
special as you.
Love momma, daddy,
Blaine, Baylee and Tori

Happy 9th Birthday
Aug. 25
To our lil princess
Krystiana Raynell Guzman
You have brought so
much joy to our lives.
We are proud of you and
we love you baby girl!!
Love always XOXO, mom,
dad, D'monic, Angel,
Terry and Lily.

Happy 1st Birthday
Sept. 9
Marcus Glenn Guzman
You truly are a blessing that
was brought into our lives.
We love you lil man!!
Love always uncle Mario,
aunt Alisa, D'monic,
Krystiana, Angel, Terry
and baby Lily.

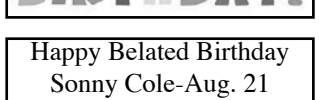
Happy Belated 3rd Birthday
LaRaya Alexander
Love, mom-Pam,
baby Aaron, Sky and
grandma Reda.

Happy 31st Birthday
son and brother,
Nicolas Begay Sept. 26

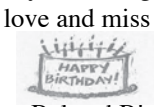


Love, mom, Shana, Kelli
and Donovan

Happy Birthday
Nelson Chouteau
Always, BlueBird



Happy Belated Birthday
Sonny Cole-Aug. 21
We love and miss you.



Happy Belated Birthday
Cheston Rick Cole Aug. 29

Happy Belated Birthday
"Sweet 16"
Sierra Bree Weasel Bear
Love you, mom and Tom,
auntie Quoint, uncle Cecil,
the two babies and
all of our families.

Happy Birthday
Jesse Coffey Jr.
"Jay Jay"
Sept. 2

We miss you so much and
wish you a very special day.
Love your family

Happy Birthday
JoJo Horse Chief
Sept. 9

Love you very much grama
Quoint and your Little
Coyote family.

Welcome
to the World
Aiden John Williams
Aiden was born on
Aug. 15, 2011 in
Weatherford, Okla. He
weighed 7 lbs. and was
20 inches long.

His mother and father are Kelli Dawn Osage
and Jeffrey Wayne Williams Jr.
He is the maternal grandson of Matilda Pratt
(Washa) and Donovan Osage and the
paternal grandson of Lisa Asapermy
and Jeffrey Williams Sr.
He is the great-grandson of the late Wilma
Blackowl and the late Tommie Rose Birdshead
Cravatt, Arapaho Woman Chief.

Eric and Peaches Hail are
proud to announce the birth
of their daughter,
Teegan Agnes Hail.
Teegan was born on
Tuesday, April 26, 2011
at Jane Phillips
Hospital in Bartlesville,
Okla. She weighed 8lbs 6oz
and was 20 inches long.
Welcoming her home was
her big brother, Gage, along with all of her Osage family.
Teegan's paternal grandparents are Larry Chiefly and
Jackie Hail of El Reno, Okla. Her maternal grandparents
are Franklin and Teena Perrier McKinley of Pawhuska,
Okla. Teegan is of Cheyenne-Arapaho and Osage descent.
All of the family is overjoyed with her arrival. Teegan is
greatly loved and cherished by all!!!

Welcome
Trystan Wayne Lee
Little Bird
Born April 4, 2011 at
Integris Hospital in
Yukon, Okla.
Proud mother and father are
Ashley Fletcher and Henry
Little Bird Sr.
Trystan is the grandson
of Carolyn and John
Fletcher Sr. and the great-grandson of the late Tommie Rose
Birdshead Cravatt,
Arapaho Woman Chief.

BOY BOY

Nyla Lolotea Deschaine
7lbs, 12oz and 19 inches
Daughter of Shana
CoyoteRobe and Michael
Deschaine. Grandparents
are Tillie Pratt Washa
and Donovan Osage Sr.
and Londa Ramos. Great
grandmother is the late
Tommie Rose Birdshead
Cravatt … Arapaho woman
chief … Ah Ho Creater! Ah
ho Grandfathers!

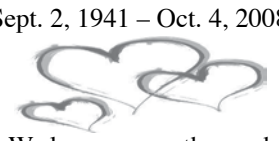
Welcome to the World
Swimmer Aiden Snell
Born Aug. 12, 2011 at 2:16
p.m. in Tahlequah, Okla.
Swimmer weighed 7 lbs., 8
oz. and was 19" inches long.

Congratulations
to the proud
parents, Travis and
Lisa Snell.

Happy Birthday to one of
our Little Coyotes
Sept. 2 Karen Mae

From all of your family
with love and best wishes.

Missing you everyday
Mother-Happy Birthday
Tommie Rose Cravatt
Sept. 2, 1941 – Oct. 4, 2008



We love you mother and
miss you … seems like
yesterday you were here.
You always gave me
strength and still do today.
I love you always,
your daughter Tillie.

Happy Birthday Chelsea
Lee Dawes-Anglin
Sept. 19
Love you auntie Quoint and
your Little Coyote family.
Your family with love and
best wishes.

Happy Birthday wishes to
our "little" sis
"Ella Kat"
Ella Katherine Morton
Sept. 9

We love you!
Beverly, Jessie, Christine
and Corrine

My Bawbee

continued from page 3

sprouted at least two inches. This made me proud and excited about returning to classes for my freshman year of high school, the place that had kept me awake most nights worrying if I would fit in with the "God-like" high school creatures.

Bawbee had told me once to be who I am and the people that were to be apart of my everyday life would recognize my worth and make way for me. Growing a couple of inches had gone a long way to helping me accept this bit of sage advice.

When we arrived at the fair, I anxiously waited to be excused so I could go spend the money I had earned over the summer hauling hay and chopping cotton. I wanted to ride every ride in the carnival twice. I would win every prize on the midway! I could already taste the cotton candy, the caramel apples and the sweet, sweet lemonade of the fair.

"Grandson!" Bawbee shouted. Uh-oh I thought. He called me grandson. I was beginning to get the feeling that my idea of fun at the fair was going to be put on hold, perhaps indefinitely.

He asked me to come to the gigantic barn to the south of the fairgrounds where the livestock was kept. This was a strange request I thought to myself. Only the farmers, ranchers and older men were seen around the livestock barn. It was certainly no place for a scruffy little Indian boy! "Why Grandpa? Do you need me to carry a chicken for you?" He remained silent as we walked on. We strode passed the chicken coup, passed the pigpen, passed the sheep, the cows, and the goats until we came to the round pen. This is where the horses were kept. There were maybe a hundred or so in the pen.

He eyed each of the colts carefully and began to speak Kiowa to them as they passed by us at a trot. I figured Bawbee was having one of his bad days, maybe thinking of the past when he had been a trainer and a healer.

"Boy, how much money did you make workin' for Harrisons?" he asked. (I had been demoted from pretty man to grandson to boy in a matter of a few hours I thought to myself.)

"86 bucks," I replied honestly. I knew the amount by heart, as I had counted it morning and night for the past 32 days straight. He pondered this for a moment, stabbed his cherrywood cane into the red mud and crouched low to the ground with the grace and ease of a tracker in the springtime. He began to quietly hum an old song I recognized but wasn't sure that I knew. A horse stealing song from a long, long time ago, I'll bet and horse is what is what we got.

"I don't understand why I had to spend my whole summer's pay on a stupid old horse!" I was furious with the old man. "The thing can't even walk, he's crippled, don't you see that!" I thought Bawbee had finally slipped over the edge.This didn't seem like his usual calm, reserved, and calculating demeanor. The man had flipped his wig!

I helped Mr. Harrison back the lame pony out of the horse trailer. Slowly I walked him back to the round pen that had been empty since my family started living with my grandpa. After rubbing the animal down I began to wander aimlessly westward, head down, hands in pockets, toeing the earth. Sweating and a little winded, I stopped in a clearing fresh with the smell of pecan trees and juniper. Not realizing how far I had walked, I began to recognize my surroundings. I'd walked into the foothills of Rainy Mountain, the place of the old ones.

My Grandma Laura was there, along with the many generations of my people before her. I began to feel a stinging pride and regretted raising my voice to Bawbee.

After a short prayer of thanks I began to make my way back to the house. Out of the corner of my eye there was a flurry. I turned to see an eagle staring at me from the top of an enormous Blackjack tree in the middle of the cemetery. He seemed to be trying to guess my intentions.

"Hello brother," I whispered, not wanting to disturb the tranquility we both sought in this place. After an eternity of gazing into my soul, the brother eagle took flight with a determined beauty only one who has witnessed first-hand could explain.

"Nice to meet you," I called to his ever-rising shape until he vanished from human sight.

Bawbee was shaking up the bones when I returned. After grabbing two cold grape Nehi's from the old icebox, I took my place on the battlefield. We neither discussed the lame horse or my encounter with the brother.

Several score pages later he got up and strode through the screen door. I heard the exhausted satisfaction in his voice as he began to sing about the day's events, about his long lost love, about the animals, the water, the trees, the wind and the Creator.

As I lay in bed, I think I even heard him sing a line about a pretty man and a pretty horse.

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

AUG 15 2011
CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED IN THE TRIAL COURT
DOCKET PAGE FILM IMAGE COURT CLERK DEPUTY

In The Matter Of The Guardianship Of:
KENDALL CHARLEY DOB: 07/05/95
DANNY CHARLEY DOB: 12/10/96
DYLAN MORTON DOB: 08/14/03
DARREN MORTON DOB: 12/20/05
Case No: PG-2011-0056

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: JULIANNE LEVI, JAMES CHARLEY, GARY MORTON SR.

You are hereby notified that MARGARET LEVI has filed in this Court a Petition For Appointment Of Guardian of the person and/or estate of Kendal Charley, Danny Charley, Dylan Morton and Darren Morton, minor children, and that on August 12th, 2011, the petitioner, Margaret Levi was granted Temporary Emergency Guardianship of the minor children and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 21st day of SEPTEMBER, 2011 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Guardianship should not be granted.

Dated this 15th day of AUGUST, 2011.

Edwina Whiteman, Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Margaret Levi
12744 N. Mac Arthur Blvd #G
Oklahoma City, Ok 73142

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

AUG 18 2011
CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED IN THE TRIAL COURT
DOCKET PAGE FILM IMAGE COURT CLERK DEPUTY

In The Matter Of The Guardianship Of:
HUNTER D. YEAKEY DOB: 07/07/06 ROLL: #1498
PAYDON S. YEAKEY DOB; 07/17/08 ROLL: #15437
Minor Children
Case No: CNA-PG-2011-0059

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: CHEYENNE M. YEAKEY

You are hereby notified that Marvina R. Black has filed in this Court a Petition For Appointment Of Guardian of the persons and/or estates of Hunter D. Yeakey and Jeremy Paydon S. Yeakey, minor children, and that on August 31, 2007, the petitioner, Marvina R. Black was granted temporary guardianship of the minor children and that said Petition is hereby set for a Permanent Guardianship Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 21st day of September, 2011 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Permanent Guardianship should not be granted.

Dated this 18th day of August, 2011.

Edwina Whiteman, Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Marvina R. Black
P.O. Box 122
El Reno, Ok 73036

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED AUG 23 2011 IN THE TRIAL COURT
DOCKET PAGE FILM IMAGE COURT CLERK Maria C. Reyes DEPUTY

In The Matter Of The Application Of:
JANET MANN DOB: 10-21-88 ROLL #10706
Case No: CIV-2011-0055
To Change His Name

NOTICE BY PUBLICATION

TAKE NOTICE, that Janet Mann has filed in this Court a Petition For Name Change, as follows, to wit: from Janet Mann to Janet Bullcoming and that the same will be heard by the Cheyenne and Arapaho Trial Court of Concho, Oklahoma in the Courthouse located at 700 Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, 73022, on the 21ST day of SEPTEMBER, 2011 at 10:00 A.M. and any written protest may be filed in the case, prior to the date set for the hearing.

Issued this 21st day of August, 2011.

Maria C. Reyes, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Janet Mann

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to:
Personnel Department P.O. Box 167 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org

Teacher Aide
Head Start-Clinton
Closing Date: Continuous

QUALIFICATIONS:

High school diploma or G.E.D. certification and minimum of one year experience working in an early childhood education classroom; or an equivalent combination of training and experience with willingness to obtain additional training and/or obtain additional training/or CDA or state certificate as requested. Ability to work effectively with low-income and special needs children. Ability to function effectively in cross-cultural situations. Ability to use positive approach in directing and redirecting child behavior, and work cooperatively as a member of a team. Current Childhood Emergency/CPA or First Aide/CPR certification or the ability to obtain one and CDL. Obtain and hold current food handler's card or the ability to obtain one. Maintain compliance with Criminal History Registry and agrees to random drug testing.

SALARY: Negotiable

Transit Drivers II
On Call-3 Positions
Closing Date: Until Filled

QUALIFICATIONS:

Must possess or be willing to attend training programs to gain CPR and CDL certifications. Must pass a pre-employment drug screening process and subject to random drug testing. Must maintain a clean driving record and may be required to provide a Motor Vehicle Report (MVR). Must be able to lift a minimum of 50 lbs. with no physical barriers. Must possess the ability to communicate effectively both orally and written. Must possess high school diploma, possible completion of a commercial driving training program and defensive driving program. Experience may be an acceptable equivalent.

SALARY: Negotiable

CHR Reps
El Reno, Concho, Calumet, Kingfisher, Watonga area, Thomas, Weatherford, Clinton, Hammon/Elk City
Closing Date: Until Filled

QUALIFICATIONS:

Have EMT, medical assistant, CMA or CNA experience. Have current CPR certification. Valid Oklahoma state driver's license and be insurable under the tribes' insurance. Must reside in service area. Must pass a physical and be in good physical condition with proof of TB skin test and other immunizations. Must pass basic CHR and first responder training within one year. Travel required in duties. Must pass OSBI background check. Must have minimum of high school diploma or GED certification. Must have own reliable vehicle and residential telephone. Must be able to work outside of normal working hours as needed. Must be able to utilize computer and email system. Must be able to work under stressful conditions. Must follow Tribal policies and procedures. Must be dependable with regular attendance. Cheyenne and Arapaho preference.

SALARY: Negotiable

House Parent
Emerg. Youth Shelter
Closing Date: Continuous

QUALIFICATIONS:

High school diploma or G.E.D. required with preference given to post secondary training in the following related fields, child development, nutrition, culinary arts and psychology. One year experience working in situations related to children. Must be able and willing to work alternating shifts on weekends, nights and holidays. Must retain a valid Oklahoma driver's license and have a clean driving record. Must pass criminal record check. Must have a telephone or cell phone at place of residence. Three current letters of references required. Current TB skin test or chest x-ray and pass complete physical examination.

SALARY: Negotiable

Teacher-Child Development
On-Call-Clinton
Closing Date: Until Filled

QUALIFICATIONS:

Teachers hired after July 1, 1995 are required to be at least 18 years of age. Have a high school diploma or GED certification. Or have completed the tenth grade and be in the process of obtaining a GED for a period not to exceed 12 months. Must have a valid Oklahoma driver's license. Must pass a physical exam. Must be able to lift 50 lbs. Must be physically fit to work daily with children. Must demonstrate basic knowledge of early childhood development. Must attend staff meetings as well as parent meetings when required. Must submit monthly reports. Must attend workshops. Must have adequate transportation. Must have skills to relate to the community in general. Must pass a criminal background check. Must pass mandatory drug and alcohol test. Willing to work flexible work schedule. Cheyenne and Arapaho preference.

SALARY: Negotiable

Caseworker Assistant
Social Services
Closing Date: Until Filled

QUALIFICATIONS:

Two-year degree in social work or related field preferred. Requires two years of general work experience in professional related field. Prefer one year of specialized experience directly related to duties. Ability to work with large number of clients daily in busy office setting. Must have a current state driver's license. Ability to work flexible hours including weekends, after 5 p.m. or holidays, if needed. Ability to maintain a high level of confidentiality on all client department client matters and all other matters. OSBI and criminal background check required and be adjudicated appropriately. Prefer knowledge of Cheyenne and Arapaho/American Indian cultures and values.

SALARY: Negotiable

Social Services
Coordinator
Closing Date: Sept. 9, 2011

QUALIFICATIONS:

Bachelor's degree required. Prefer degree in social work or related field. Requires two years of supervisory experience. Ability to work flexible hours and willing to work other hours including after 5 p.m. Possess good communication skills, written and oral. Must have ability to maintain a high level of confidentiality on all client matters and other matters protected by the privacy act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and/or needs.

SALARY: Negotiable

Cook-Site Supervisor
Elderly Nutrition
Closing Date: Sept. 6, 2011

QUALIFICATIONS:

Experience in meal preparation for at least 60 people. Experience in menu planning and must have valid Oklahoma driver's license. Experience in inventory control and stock reordering preferred. Knowledge of state and Tribal health regulations with an ability to speak or understand the Cheyenne and Arapaho dialects. Prefer 55 years of age. Cheyenne and Arapaho preference.

SALARY: Negotiable

Teacher Aide
Head Start-Concho
Closing Date: Continuous

QUALIFICATIONS:

High school diploma or G.E.D. certification and minimum of one year experience working in an early childhood education classroom; or an equivalent combination of training and experience with willingness to obtain additional training and/or obtain additional training/or CDA or state certificate as requested. Ability to work effectively with low-income and special needs children. Ability to function effectively in cross-cultural situations. Ability to use positive approach in directing and redirecting child behavior, and work cooperatively as a member of a team. Current Childhood Emergency/CPA or First Aide/CPR certification or the ability to obtain one and CDL. Obtain and hold current food handler's card or the ability to obtain one. Maintain compliance with Criminal History Registry and agrees to random drug testing.

SALARY: Negotiable

Teacher Aide
Head Start-Canton
Closing Date: Continuous

QUALIFICATIONS:

High school diploma or G.E.D. certification and minimum of one year experience working in an early childhood education classroom; or an equivalent combination of training and experience with willingness to obtain additional training and/or obtain additional training/or CDA or state certificate as requested. Ability to work effectively with low-income and special needs children. Ability to function effectively in cross-cultural situations. Ability to use positive approach in directing and redirecting child behavior, and work cooperatively as a member of a team. Current Childhood Emergency/CPA or First Aide/CPR certification or the ability to obtain one and CDL. Obtain and hold current food handler's card or the ability to obtain one. Maintain compliance with Criminal History Registry and agrees to random drug testing.

SALARY: Negotiable

Coordinator
Social Services
Closing Date: Sept. 9, 2011

QUALIFICATIONS:

Bachelor's degree required. Prefer degree in social work or related field. Requires two years of supervisory experience. Ability to work flexible hours and willing to work other hours including after 5 p.m. Possess good communication skills, written and oral. Must have ability to maintain a high level of confidentiality on all client matters and other matters protected by the privacy act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and/or needs.

SALARY: Negotiable

Driver-Meal Delivery
Elderly Nutrition
Closing Date: Sept. 9, 2011

QUALIFICATIONS:

Valid Oklahoma state driver's license required. Prefer 55 years of age or older. Clean driving record for insurance purposes. Willing to work other than normal working hours. Knowledge of the area and the people. Cheyenne and Arapaho preference.

SALARY: Negotiable

The Cheyenne and Arapaho Tribal offices will be closed Monday, Sept. 5, 2011 in observance of Labor Day.

All offices will reopen on Tuesday, Sept. 6 at 8 a.m.

Report to the People

Program: Health Education *Date of Award: Jan. 1, 2011*
Contract Number: 24620070019 *Amount of Award: $136,664.00*

The Health Education program in accordance with P.L. 638 has contracted with the Oklahoma City Area Indian Health Service (OKCIHS) to provide health education to the tribal people that reside within the Cheyenne and Arapaho Tribal service area.

The purpose of the Health Education Program is to assess program needs and to develop plans to implement and evaluate the total health education component of the Cheyenne and Arapaho Tribes.Program goals and objectives are established to implement health education principals and concepts to promote health and prevent disease in the Native American communities.

The Health Education Program implemented key education issues that specifically affect the American Indian population such as diabetes education. Program development includes program planning, needs assessment, organization, implementation, facilitation and evaluation.

Health promotion and disease prevention programs targeted youth, adults, elderly and tribal employees. Individuals are encouraged to assume responsibility for their overall health by adopting healthy behaviors and lifestyles that improve their chances of living longer and having a good quality of life.

The staff consists of one health education director/educator and one physical fitness assistant.

The health education director directs the health promotion/disease prevention program, oversees the budget, implements programs of physical fitness, smoking prevention, nutrition education and other public health issues.

The physical fitness assistant provides approximately 10 percent clerical support to the health education director and assists in planning and implementing fitness activities and presenting public health information.

The Health Education Program has worked closely with the Cheyenne and Arapaho tribes' Education Department and the El Reno Public School system to provide health education to the students at the El Reno Alternative School (Academy).

The students, at risk of dropping out of school, receive instruction one hour each week on health topics such as bullying, suicide prevention, nutrition, heart disease, stroke, stress management, diabetes, tobacco abuse and other topics to provide a foundation for healthy living.

Physical activity, good nutrition and not smoking are key components of the curriculum.

The health education director has also worked closely with the State Health Department and other tribal organizations to plan for the fifth annual *Preparing for the 7th Generation: The Journey Continues Tobacco Conference* held in Tulsa, Okla. each year. Attendance at this conference exceeds 200 participants from all over the Nation.

The Health Education Program also worked with the elderly population to promote physical activity. Exercise programs were held with the residents of the nursing home to provide functional exercise to strengthen muscles used in their everyday activity. Line dance classes were held in El Reno, Okla. for elders to learn alternative and fun ways to exercise.

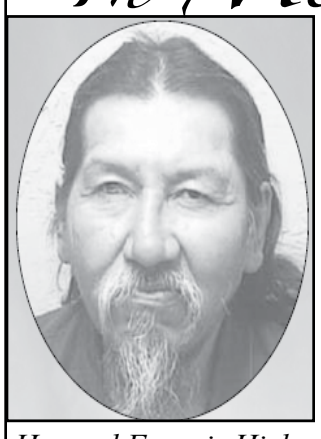
Presentations included a lunch and learn class in Watonga, Okla. Tobacco prevention to the youth in Watonga, and health education on food safety in Clinton, Okla.

The total number of direct contacts for the period of Jan. 1 through June 30, 2011 were 490.

Health education articles published during this time were three articles in the tribal newspaper and tobacco prevention quips that provided a source of health information to over 4,700 tribal members and/or paid subscribers.

Submitted by:
Margie Deer, MPH
Health Education Director
Cheyenne and Arapaho Tribes

In Memorium



Howard Francis Hicks
June 22, 1956
Aug. 22, 2011

A wake service for Howard Francis Hicks was held Aug. 26, 2011 at the Watonga Indian Baptist Church in Watonga, Okla.

Funeral services were held Saturday, Aug. 27 at the Watonga Indian Baptist Church with an Interment held at the Watonga Indian Cemetery.

George Howling Water
Dec. 5, 1948
Aug. 15, 2011

An all night wake service was held Aug. 19, 2011 at the Community Hall in Hammon, Okla.

Funeral services were held Aug. 20, 2011 at the Community Hall in Hammon, Okla. with an Interment at the Hammon Indian Mennonite Cemetery.

CHEYENNE and ARAPAHO HOUSING AUTHORITY INDEPENDENT LIVING CENTER WAITING LIST UPDATE

The following individuals listed below need to contact the Cheyenne and Arapaho Housing Authority regarding the Independent Living Center waiting list.

If this list pertains to you or someone you know, please notify the Occupancy Specialist at (580) 323-4877 or (800) 482-4288.

Notification needs to be received no later than **Sept. 15, 2011**, if you are interested in remaining on the waiting list.

Keith Island
Rose Littlejohn
Cecil Dawes
Richard Goodbear
Marlene Reyes
Charles Fletcher
Emerson Ellis
Lavonne Post
Olivia Smith

CUT OUT AND MAIL BACK
TRIBAL TRIBUNE NEEDS YOUR HELP-THANK YOU!

The Cheyenne and Arapaho Tribal Tribune is currently filing an application for non-profit status with the United States Post Office.

This status will reduce the cost of mailing the *Tribal Tribune* to $.10/per issue/per mailing … a savings of over $25,000/per year.

In order to complete this application we need 2000 subscribers to return the form below to the Cheyenne and Arapaho Tribal Tribune, PO Box 38, Concho, Okla. 73022, as soon as possible.

Thank you to all who sent in the form ... we appreciate your help. We still need over 1,000 more to move on to the second phase of the application process!!!

I have requested to have the Cheyenne and Arapaho Tribal Tribune mailed to me as a tribal member.

NAME:_____

ADDRESS:_____

_____

_____

SIGNATURE:_____

Big entertainment, big promotions

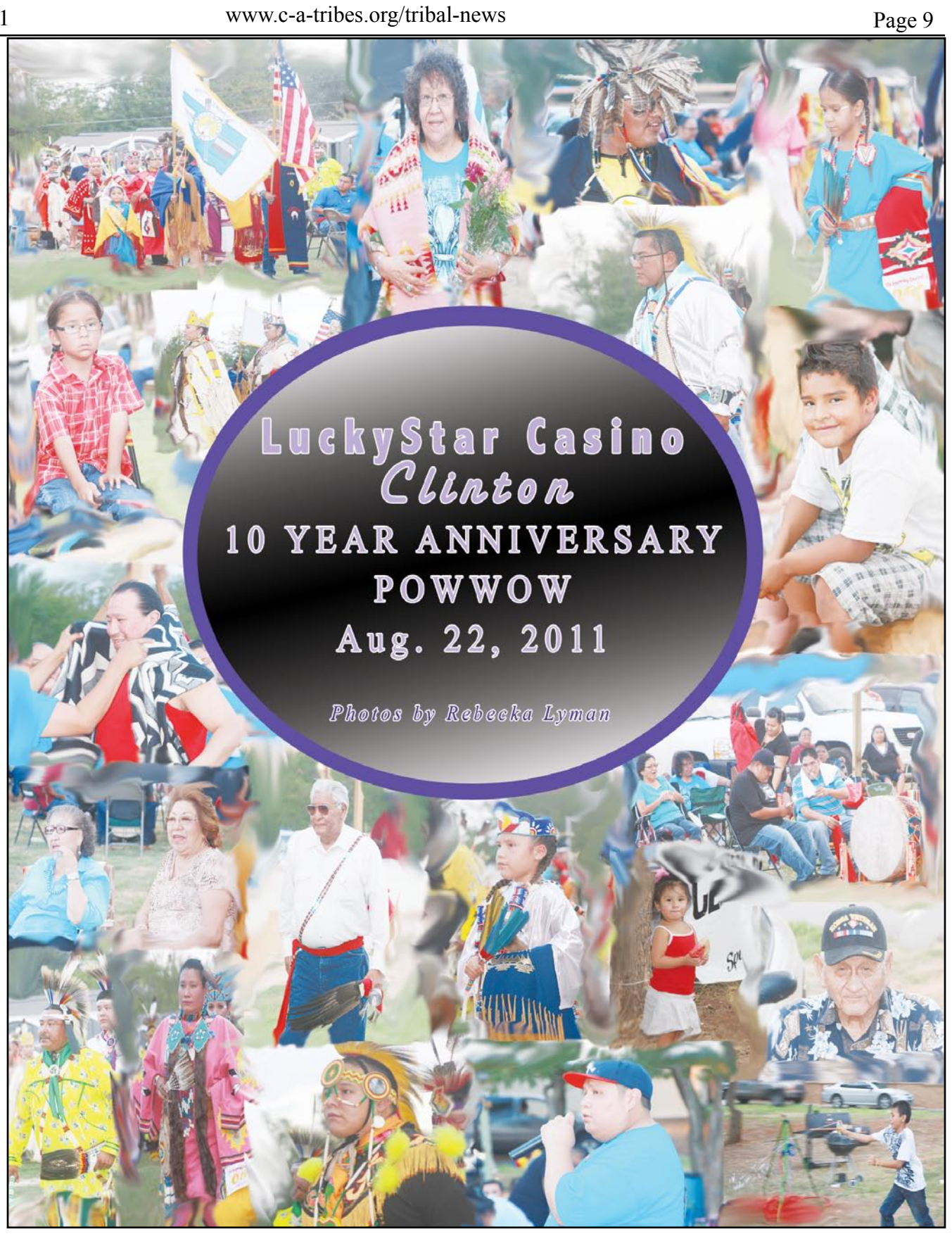
The Cheyenne and Arapaho tribes' Lucky Star Casino in Clinton, Okla. celebrate ten years of business by celebrating their customers and employees.

During the month of August Lucky Star Casino hosted daily cash drawings for chances at $2,500 cash, held a $10,000 blackjack tournament on Aug. 27 and gave away a 2011 Polaris Ranger Crewl on Aug. 28, along with many other promotions in celebration of the casino's success.

As part of the casino's celebration, a powwow was held on Saturday, Aug. 20 in Clinton, Okla. to honor employees who have ten years of service or more. Employees honored were Judy Scheridan, Chris Thunderbull, Freda Heapofbirds, Jean Whiteskunk, Lavonne Oldman and Sophia Cometsevah.

(See photo collage this page.)

Also topping off the festivities was the dynamic performances of Gretchen Wilson, Big & Rich and Cowboy Troy on Friday, Aug. 26.



Lucky Star
entertainment

Sept 17 CONCHO

STONE TEMPLE PILOTS

Sept 22 CONCHO

DIANA ROSS

STAY TUNED FOR MORE EXCITING CONCERT ANNOUNCEMENTS!

Tickets available at **Lucky Star Casino Box Offices**, online at Ticketstorm.com or by phone at **866-966-1777**.

7777 North Hwy 81 • Concho, OK 73022 • 405-262-7612 | 101 N. Indian Hospital Rd. • Clinton, OK 73601 • 580-323-6599
301 NW. Lake Rd. • Canton, OK 73724 • 580-886-2490 | 1407 S. Clarence Nash • Watonga, OK 73772 • 580-623-7333

Subject to change. © 2011 Lucky Star Casino

LuckyStar CASINO
CONCHO • CLINTON • CANTON • WATONGA
An Enterprise of the Cheyenne and Arapaho Tribes

LuckyStarCasino.org

NEW PRODUCTS NETWORKING NEXT STEPS

Be where the gaming industry comes together.

NEW DATE. NEW LOCATION.
STILL AT THE CENTER OF GAMING.

OCTOBER 4-6, 2011
THE SANDS EXPO AND CONVENTION CENTER
LAS VEGAS, NEVADA

October 3—iGaming Congress, Security & Surveillance Institute, Leadership Academy, G2E Advanced Gaming Institute
October 2-3—National Center for Responsible Gaming (NCRG)
September 30-October 2—International Association of Gaming Advisors (IAGA)

www.globalgamingexpo.com

global gaming expo G2E

An American Gaming Association Event

Organized by Reed Exhibitions

Advertising